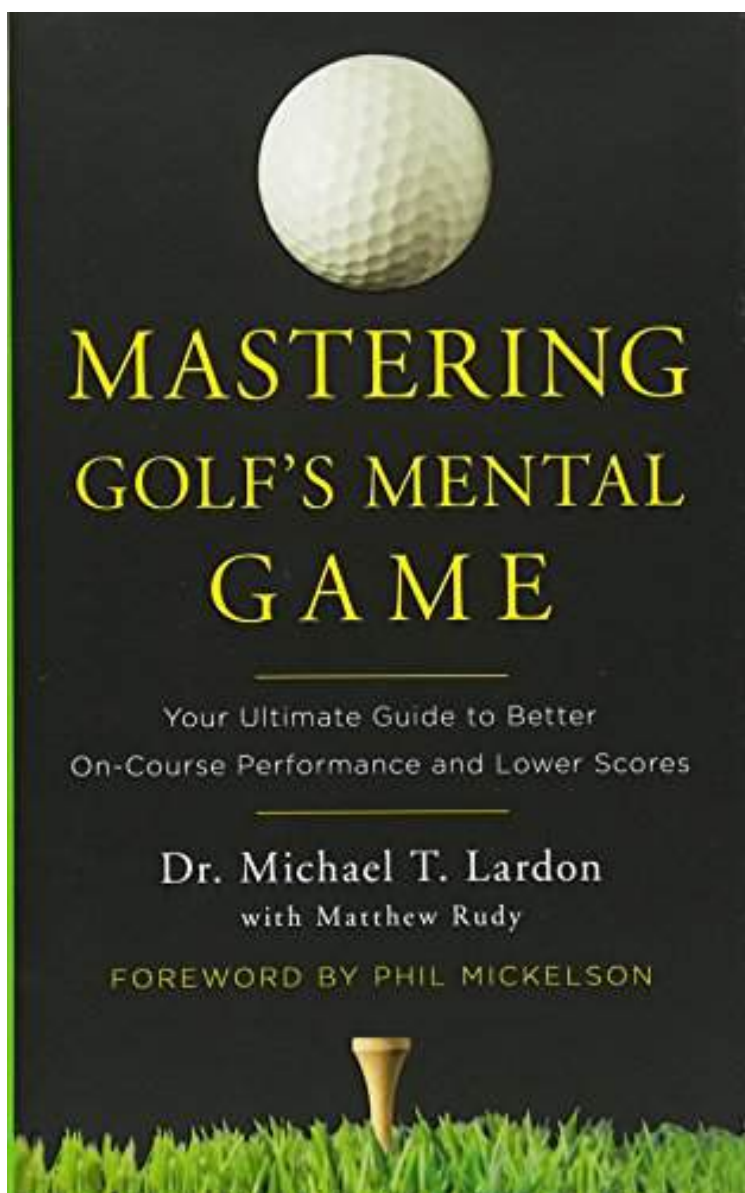


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## Mastering Golf's Mental Game: Your Ultimate Guide to Better On-Course Performance and Lower Scores

*By Michael Lardon, Matthew Rudy*  
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5 of 5 review helpful for golfers and parents of tournament golfer By Thomas J Isaak As a former professional golfer who now competes in high level amateur events while also serving as a high school golf coach I am always seeking ways to improve my golf game and those of the players on our team For me instant credibility was given by the forward from Phil Mickelson in which in described his collaboration with Dr Lardo Perfect your mental approach to your game To be a golfer is to tinker mdash with everything from equipment to grip to swing But one thing most players don rsquo t give enough attention to is the mental game Psychologists aren rsquo t a new phenomenon in golf but Dr Michael Lardon is a different breed of performance coach Instead of sending his players into a losing battle against emotion indecision and fear on the golf course he shows them how to o About the Author DR MICHAEL T LARDON is an associate clinical professor of medicine at the University of California San Diego and a consulting psychiatrist to the United States Olympic teams at the Olympic Training Center in Chula Vista California His clien

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